



DPA SUMMER SYMPOSIUM SERIES

As the economy continues to put pressure on everyone, we in state government need to focus on the wellbeing of people. The DPA Summer Symposium is a great way to educate and energize state workers during these challenging times. The effects of the difficult budget decisions Colorado government has had to make regarding furloughs and other cost saving measures has taken a toll on all of our mental wellbeing. It is important that we maintain focus on those things that are important and work to nurture ourselves during these trying times. This is why we are taking the time to let state employees know how important we feel you are in moving Colorado forward by offering the DPA Summer Symposium Series.

The symposium is an eight-week series of presentations by experts in a variety of areas such as strategies on stress management, financial advice, and employee dynamics. We hope this symposium will help you to find opportunities to grow personally and professionally at a time when growth might seem out of reach.

These concise, no-cost, one-hour lunch hour sessions (noon – 1:00 p.m.) will take place every Friday from July 10 through August 28 in the Old Supreme Court Chambers at the State Capitol. For those who can't be in the downtown Denver area, we will stream audio live from the presentations via the web at: www.leg.state.co.us/clics/clics2009a/cslFrontPages.nsf/Audio?OpenForm. Click on the "Old Supreme Court Chambers" link.

We encourage you to attend or tune in to as many of the upcoming symposium meetings you can, and share this important information with your friends, co-workers and family members. If you are unable to attend or listen live, video copies of the presentations will be available via web at: www.colorado.gov/dpa

Following is the schedule of symposium presentations:

- 7/10: Rich Gonzales, *DPA, State Personnel Director*, The Importance of You: The Difference You Make
- 7/17: Jon Richard, *DPA, C-SEAP*, Rest, Renewal, and Personal Energy Management: Strategies for Self Care in Hectic Times
- 7/24: David Remson, *DPA, Division of Human Resources*, Effective Conversations
- 7/31: Andrew Gale, *CDLE Human Resources*, Making Yourself Marketable/Growing Your Talents
- 8/7: *Latitude Financial*, Personal Money Management
- 8/14: Jon Richard, *DPA, C-SEAP*, The Colleague in Crisis: Compassionate Responses and Essential Boundaries
- 8/21: David Remson, *DPA, Division of Human Resources*, Fun at Work
- 8/28: Scott Madsen, *DPA, Division of Central Services*, Efficiencies in State Government